This film captures the real-life story of Michael Jordan, the world’s most spectacular athlete and most recognizable person. Michael Jordan’s story includes his formative years as a young boy in Wilmington, North Carolina, a National Championship at the University of North Carolina, two Olympic Gold Medals, six NBA Championships with the Chicago Bulls, and a particularly courageous effort as a baseball player with the Birmingham Barons.

Most famous for his gravity-defying acrobatics and athletic magnificence, what truly distinguishes Jordan are his exceptional personal attributes — his work ethic, his competitive spirit, his will to win, and most importantly, the class and dignity with which he conducts himself both on and off the basketball court. Michael Jordan has set a shining example of personal excellence and, in the process, inspired the hopes and dreams of millions of children and adults worldwide.

Michael Jordan to the Max is a larger-than-life tribute to a larger-than-life hero.

"Somewhere there is a little kid working to enhance what we’ve done. It may take awhile, but someone will come along who approaches the game the way I did. He won’t skip steps, He won’t be afraid. He will learn from my example, just as I learned from others. He will master the fundamentals.

THERE WILL BE A PLAYER GREATER THAN ME.”

WHY NOT?

ABOUT THE FILM

HERO IN THE MAKING
A hero’s success depends on the ability to concentrate on the task at hand.

TO DO:
TEST YOUR OWN CONCENTRATION.
Detach the Michael Jordan Values Concentration cards and cut them out.
Challenge your best friend (or your other self) to a game of concentration.
While you are playing, discuss with your best friend (or your other self)

1. THE MEANING OF THE WORDS ON THE CARDS AND
2. WHAT THAT VALUE HAS TO DO WITH MICHAEL JORDAN.

The Rules of Concentration:
Shuffle the cards. Without looking at the words on the cards, lay them face down in four rows of five cards. Turn over the cards two at a time. If both cards match, you may pick them up. If they don’t match, turn them back over. But! Remember where you saw them! The player who has the most cards at the end of the game wins.

HOW TO USE THIS GUIDE

This is the activity guide for Michael Jordan to the Max. It is a book about heroes that you create yourself. When it is completed, you will have a personal description of your own heroes, a game plan for making heroes, and a prediction about future heroes. You will discover that larger-than-life heroes are real people too, with hopes and fears and failures. You will contemplate the hero’s formula that transforms fear and failure and disappointment into success. And you will recognize that the “face in the mirror” is not all that different from Michael.

TOOLS:
- Colored pencils or crayons
- Scissors
- Pencil
- Glue or double-stick tape
- A snapshot of yourself
- A snapshot of someone you admire
- Computer with internet access
- Basketball court and basketball
- Calculator

Learn more by going one on one with the web sites below:
www.michaeljordantothemax.com
http://jordan.sportsline.com
www.nba.com
www.discoveryplace.org
www.sbymath.com/gr5
GIVING BACK

WHAT WOULD YOU DO WITH 1.5 MILLION DOLLARS?

A HERO GIVES BACK TO THE COMMUNITY THAT MADE HIM (OR HER) A HERO.

IN 1999, MICHAEL JORDAN SPONSORED A CELEBRITY GOLF TOURNAMENT THAT RAISED 1.5 MILLION DOLLARS. THAT MONEY WAS GIVEN TO RONALD MCDONALD HOUSES, PLACES THAT FAMILIES CAN STAY WHEN THEY HAVE TO TRAVEL A LONG WAY TO GET MEDICAL CARE FOR THEIR CHILDREN. SOME OF THE OTHER ORGANIZATIONS THAT MICHAEL HELPS INCLUDE THE MAKE A WISH FOUNDATION (THAT GRANTS WISHES FOR TERMINALLY ILL CHILDREN) AND BOYS AND GIRLS CLUBS (THAT CREATE FUTURE HEROES).

TO DO:
IF YOU HAD 1.5 MILLION DOLLARS TO GIVE AWAY, WHAT WOULD YOU GIVE IT TO?
________________________________________________________________________________
________________________________________________________________________________

IF YOU HAD ALL THE MONEY YOU NEEDED TO LIVE AND WANTED TO GIVE YOUR TIME AND TALENTS IN SERVICE TO OTHERS, WHAT WOULD YOU DO?
________________________________________________________________________________
________________________________________________________________________________

TO DO:
WRITE YOUR OWN DEFINITION OF A HERO.
A HERO IS

WRITE NAME OF YOUR HERO HERE.

Complete this sentence: (name above) is my hero because
________________________________________________________________________________
________________________________________________________________________________

WHAT IS A HERO?
THERE ARE MANY KINDS OF TALENT:

PHYSICAL TALENT – includes gifted athletes, dancers, gymnasts

VERBAL TALENT – includes writers, poets, and playwrights

MUSICAL TALENT – includes music performers and composers

LOGICAL TALENT – includes scientists and mathematicians

SOCIAL TALENT – includes politicians, religious leaders, people who understand other people

SELF-AWARENESS TALENT – includes essayists, philosophers, people who understand themselves

ARTISTIC TALENT – includes engineers, artists, sculptors, people who understand the world in three dimensions

MICHAEL JORDAN IS A GENIUS, BUT HIS TALENT IS NOT THE KIND MEASURED BY IQ TESTS. HIS GENIUS LIES IN HIS ABILITY TO SOLVE PROBLEMS USING HIS WHOLE BODY.

TO DO:

DRAW A LINE FROM EACH OF THE TALENTED PEOPLE BELOW TO THE ABILITY THEY ARE KNOWN FOR:

MICHAEL JORDAN  PHYSICAL TALENT
MAYA ANGELOU  VERBAL TALENT
MARTIN LUTHER KING  MUSICAL TALENT
STEPHEN SPEILBERG  LOGICAL TALENT
BEETHOVEN  SOCIAL TALENT
BILL GATES  SELF-AWARENESS TALENT
WILLIAM SHAKESPEARE  ARTISTIC TALENT
YOU

(Note: Keep in mind, most people have abilities in more than one area!)
TO FIND OUT WHAT ELSE MICHAEL NEEDS TO REMAIN HEALTHY, SOLVE THE FOLLOWING SCRAMBLED WORD GAME.

TO DO:
UNSCRAMBLE THE “WHITE BOX” LETTERS TO FIND THE MOST IMPORTANT NUTRIENT FOR ATHLETIC COMPETITION.

Proteins, fats, and carbohydrates in the steak and potato meal provide...

Milk provides this mineral needed for strong teeth and bones:

This group of foods, including pasta, rice, bread and potatoes, provides the most easily digested source of energy:

Vitamins and minerals are abundant in fresh fruits and ....

Fruits and vegetables have more vitamins and minerals if they are eaten ...

TRANSFER THE LETTERS IN THE WHITE BOXES HERE
UNSCRAMBLE THEM TO ANSWER THIS QUESTION:

6. THE MOST IMPORTANT NUTRIENT FOR ATHLETIC COMPETITION IS

THE SECRET OF MICHAEL’S SUCCESS: FOCUS

“ONCE I’M IN THERE, I’M NOT THINKING ABOUT ANYTHING EXCEPT WHAT I’M TRYING TO ACCOMPLISH. ANY FEAR IS AN ILLUSION.”

TO DO:

1. COMPLETE THE FOLLOWING STATEMENTS.
MICHAEL SAYS, “IF I’M GOING TO JUMP INTO A POOL OF WATER, EVEN THOUGH I CAN’T SWIM, I’M THINKING ABOUT”

“I’M NOT JUMPING IN THINKING”

2. WHAT ARE YOU AFRAID OF?

3. USE MICHAEL JORDAN’S SECRET TO SUCCESS TO FINISH THE SENTENCES BELOW:

“If I’m (Your fear), I’m thinking about
I’m not thinking ”

MY GIRL FRIEND GOT SWEPT AWAY IN A FLOOD AND DROWNED WHEN WE WERE IN COLLEGE. ANOTHER TIME, I WAS SWIMMING WITH A FRIEND WHEN BOTH OF US GOT PULLED INTO THE OCEAN BY A STRONG UNTOW. I WAS ABLE TO GET FREE AND MAKE IT BACK TO LAND. HE NEVER MADE IT BACK.”

IF THAT WASN’T ENOUGH, NORTH CAROLINA HAD THIS RULE WHERE YOU COULDN’T GRADUATE UNLESS YOU PASSED A SWIMMING TEST. SO, LIKE A FOOL, I’M THINKING I’M THE GREATEST ATHLETE AROUND AND DECIDE I’M GOING TO TRY TO PASS THE SWIMMING TEST, KNOWING I CAN’T SWIM... ON THE SECOND LAP, I WENT DOWN TWICE. THEY THREW ME THAT BIG OLE TIRE TO GRAB ONTO. I KNOW IT’S KIND OF EMBARRASSING, BUT... I HAVE A TERRIBLE PHOBIA ABOUT WATER. EVERYBODY’S AFRAID OF SOMETHING.”

FEAR IS AN ILLUSION

“MY GIRL FRIEND GOT SWEPT AWAY IN A FLOOD AND DROWNED WHEN WE WERE IN COLLEGE. ANOTHER TIME, I WAS SWIMMING WITH A FRIEND WHEN BOTH OF US GOT PULLED INTO THE OCEAN BY A STRONG UNTOW. I WAS ABLE TO GET FREE AND MAKE IT BACK TO LAND. HE NEVER MADE IT BACK.”

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THE SECRET OF MICHAEL’S SUCCESS: FOCUS

“ONCE I’M IN THERE, I’M NOT THINKING ABOUT ANYTHING EXCEPT WHAT I’M TRYING TO ACCOMPLISH. ANY FEAR IS AN ILLUSION.”

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MICHAEL SAYS, “IF I’M GOING TO JUMP INTO A POOL OF WATER, EVEN THOUGH I CAN’T SWIM, I’M THINKING ABOUT”

“I’M NOT JUMPING IN THINKING”

2. WHAT ARE YOU AFRAID OF?

3. USE MICHAEL JORDAN’S SECRET TO SUCCESS TO FINISH THE SENTENCES BELOW:

“If I’m (Your fear), I’m thinking about
I’m not thinking ”
“When I got cut from the varsity team as a sophomore in high school, I learned something. Failure always made me try harder the next time. The greatest inventions in the world had hundreds of failures before the answers were found.” — Michael Jordan

TO DO:
1. Describe a failure you experienced.
2. What did you do after the failure?
3. Is Michael Jordan afraid of failure? How do you know?

DO YOU RECOGNIZE THESE OTHER GREAT FAILURES? Draw a line to the person described below.

He didn’t speak until age 4. His parents thought he was retarded. He was advised by a teacher to drop out of high school.

He did poorly in school. His family only allowed him to continue because he failed at running the family farm.

He struck out 1,710 times.

A newspaper editor fired him because he had “no good ideas.”

His music teacher once said of him, “As a composer, he is hopeless.”

She was told by an editor that she could never write anything that would have popular appeal.

He was threatened with torture and death for proposing that the earth was not the center of the universe. He said he was mistaken.
NO HERO ACHIEVES SUCCESS ALONE.
EACH ONE CAN IDENTIFY A PERSON WHOSE SUPPORT,
GUIDANCE AND ENCOURAGEMENT WERE ESSENTIAL.
FOR MICHAEL JORDAN, ONE OF THOSE PERSONS
WAS HIS FATHER.

"HE WAS MY BEST FRIEND AND HE KNEW EVERYTHING
ABOUT ME... I CAN FEEL HIM. I KNOW HE'S WITH ME. I HAVE
ALL THE LIFE LESSONS AND TEACHINGS HE PROVIDED ME IN
THE 30 YEARS I WAS AROUND HIM. AND I HAVE HIS VOICE,
HIS PRESENCE."

ONE BASKET AT A TIME, MICHAEL JORDAN SCORED 30,387 POINTS
IN HIS PROFESSIONAL CAREER.

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<th>FTA</th>
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TO DO:

1. USING THE CAREER STATISTICS CHART ABOVE, CALCULATE HOW MANY SHOTS HE MADE IN HIS CAREER. (ADD FGA+FTA+3PA)

2. HOW MANY SHOTS DID HE MISS?

FGA (_____ ) – FGM (_____ ) = FIELD GOALS MISSED
FTA (_____ ) – FTM (_____ ) = FREE THROWS MISSED
3PA (_____ ) – 3PM (_____ ) = THREE POINTERS MISSED

TOTAL SHOTS MISSED = _____

MICHAEL JORDAN IS CONSIDERED THE BEST EVER TO PLAY BASKETBALL, EVEN THOUGH HE MISSED ALL THOSE SHOTS YOU JUST CALCULATED. THIS SHOWS THAT EVEN THE BEST STILL MAKE A LOT OF MISTAKES.
Name a person who has provided support, guidance and encouragement for you.

REMEMBER:
HAND IN HAND MAKES HEROES

TO DO: TAKE THE BASKETBALL TO THE COURT.

1. Attempt 10 of each of the skills on the chart. On the chart, record how many you successfully made in 10 attempts.

2. Write your percentage (PCT) on the chart. For example: If you sink 5 free throws out of 10 attempts, you have a free throw percentage of 50%. Do the math: \( \frac{5}{10} \times 100\% = 50\% \).

3. Practice and try again. Can you improve your percentage?

TO DO: PLACE YOUR HAND INSIDE THE OUTLINE OF MICHAEL JORDAN’S HAND. TRACE THE OUTLINE WITH A PENCIL.

ARE YOU PREDICTABLE?
If your free throw percentage is 50% and you have just made 4 free throws in a row, predict your chances of making the next shot.

Write your prediction here ____________________.

Try that free throw and write your result here ____________________________________.

Did you predict correctly?

(A shooter with a 50% free throw percentage has a 50/50 chance of making a free throw with every try.)
MICHAEL JORDAN MADE WHICH OF THE FOLLOWING STATEMENTS?

A. “Slow and steady wins the race.”

B. “A journey of a thousand miles begins with a single step.”

C. “Step by step. I can’t see any other way of accomplishing anything.”

D. “How will you know if you are on the right road if you don’t know where you are going?”

Answer: C. But Michael’s philosophy includes A, B, C, and D.

TO DO: USE THE BASKETBALL COURT ON THIS PAGE AND THE NEXT TO PLAY MAKING GOALS

1. Write your LONG TERM GOAL in the basket.

2. Think about the steps you need to take to reach that long-term goal.

3. In the order in which you need to accomplish them, write your SHORT TERM GOALS on footprints 1, 2, 3, and 4.

4. The players on the opposing team are trying to stop you. What BARRIERS (problems) will you have to overcome to reach your long-term goal? Write those barriers on the opposing players.

5. When you have reached your long-term goal, what next? (Maybe baseball or golf?)